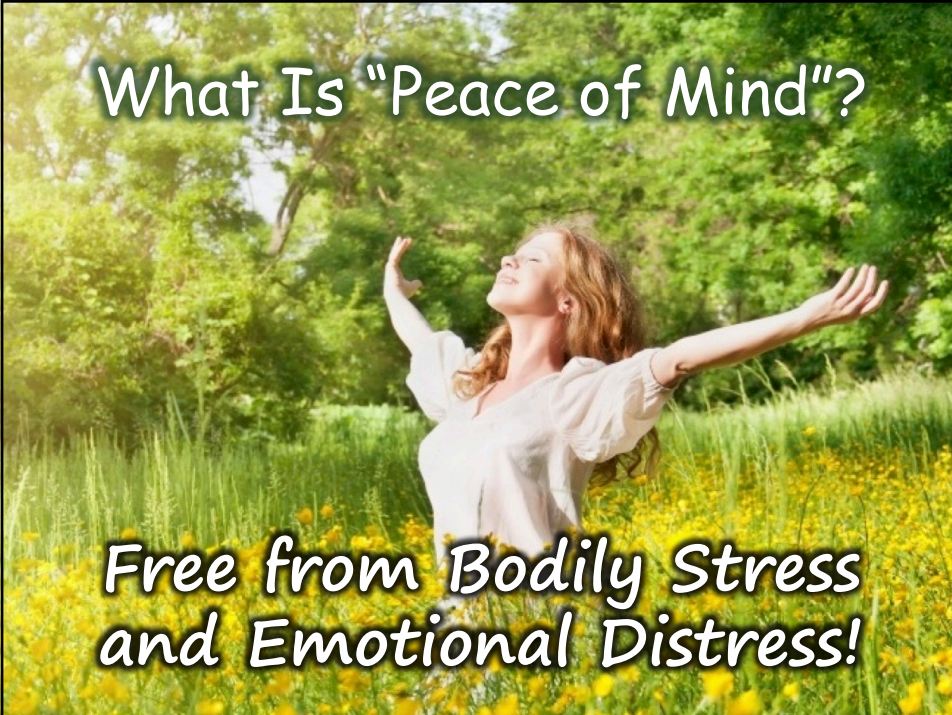




**Mindfulness Based
Emotional Composure**
A Mindfulness Based Wellness Program
Produced & Conducted By Billy Tan
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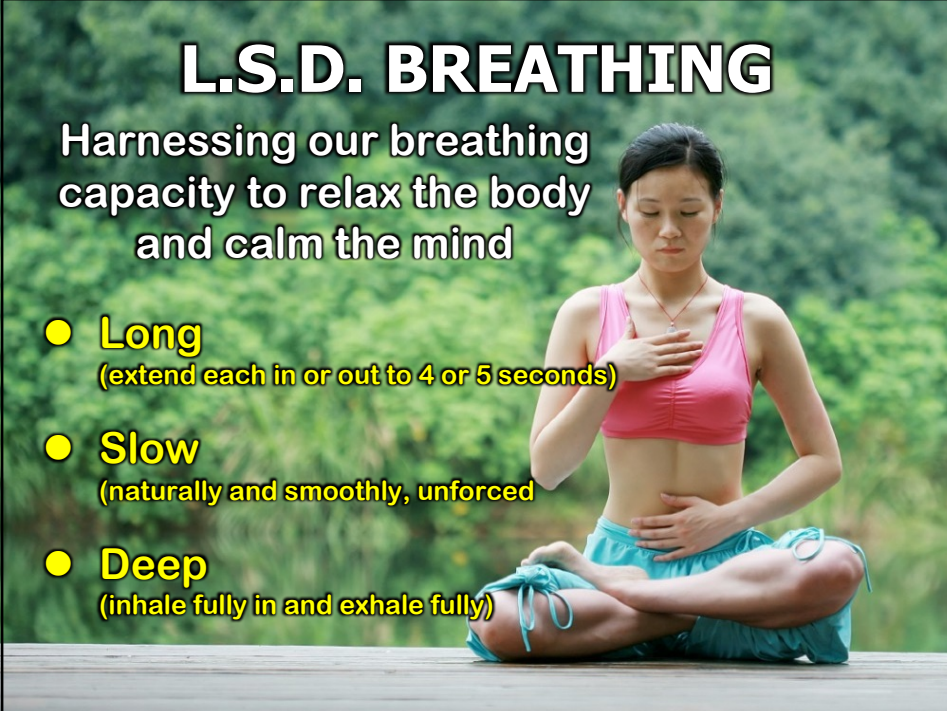
What Is "Peace of Mind"?

**Free from Bodily Stress
and Emotional Distress!**


L.S.D. BREATHING

Harnessing our breathing capacity to relax the body and calm the mind

- **Long**
(extend each in or out to 4 or 5 seconds)
- **Slow**
(naturally and smoothly, unforced)
- **Deep**
(inhale fully in and exhale fully)




MINDFUL BREATHING




Most critically overlooked relaxation tool!
Easiest to relax the body and calm the mind.

- Increases natural unforced oxygen intake (food for cells!)
- Stabilizes heart rate and blood pressure
- Regulates body temperature and blood circulation
- Restores and maintains homeostasis (stability)
- Calms the nervous system, indicating absence of threats

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MINDFUL BREATHING EXERCISES



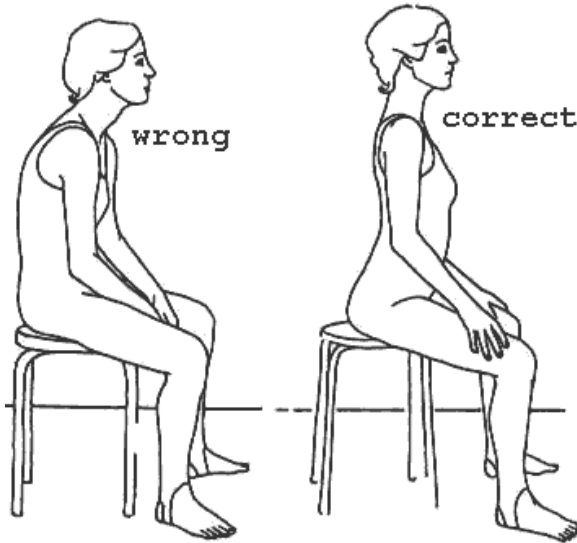

Basic Mindful Breathing Techniques

- Diaphragmatic Breathing**
- Neuronal Oxygenation**
- Mindful breath visualization**

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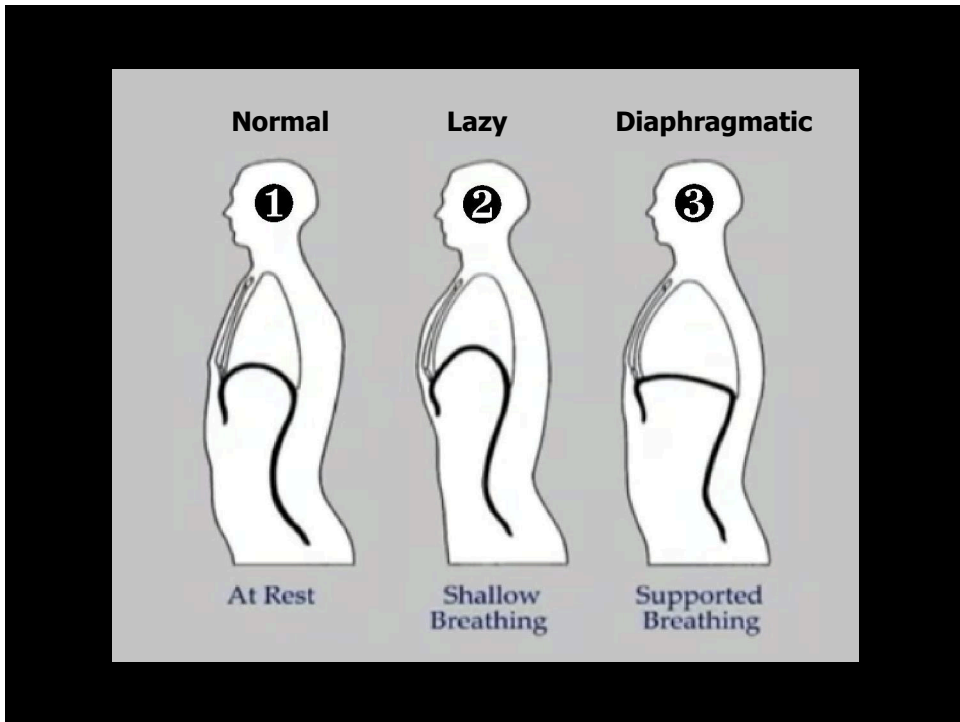
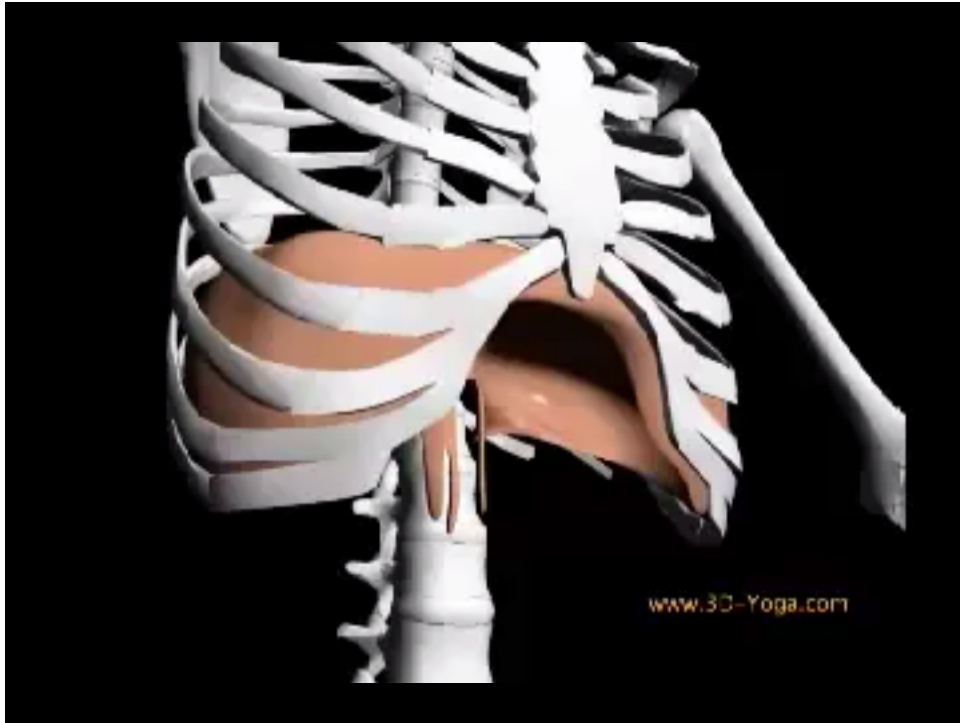



Correct Sitting Posture



wrong **correct**

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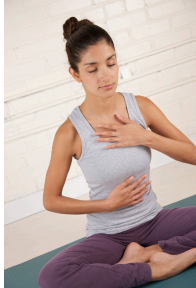


#1) DIAPHRAGMATIC BREATHING


Breathing with the diaphragm

- Inhale through Nose
- Exhale through Lips
- Use Diaphragm to draw in air


1. Inhale using diaphragm (4~5 secs)
2. Exhale fully through lips (4~5 secs)



- ✓ **Relaxing & Calming**
- ✓ **Attention**
- ✓ **Wellness**



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#2) NEURONAL OXYGENATION

4-6-8 Breathing:

- Inhale through Nose, exhale through Lips
- Push out 3 out-breath before you begin

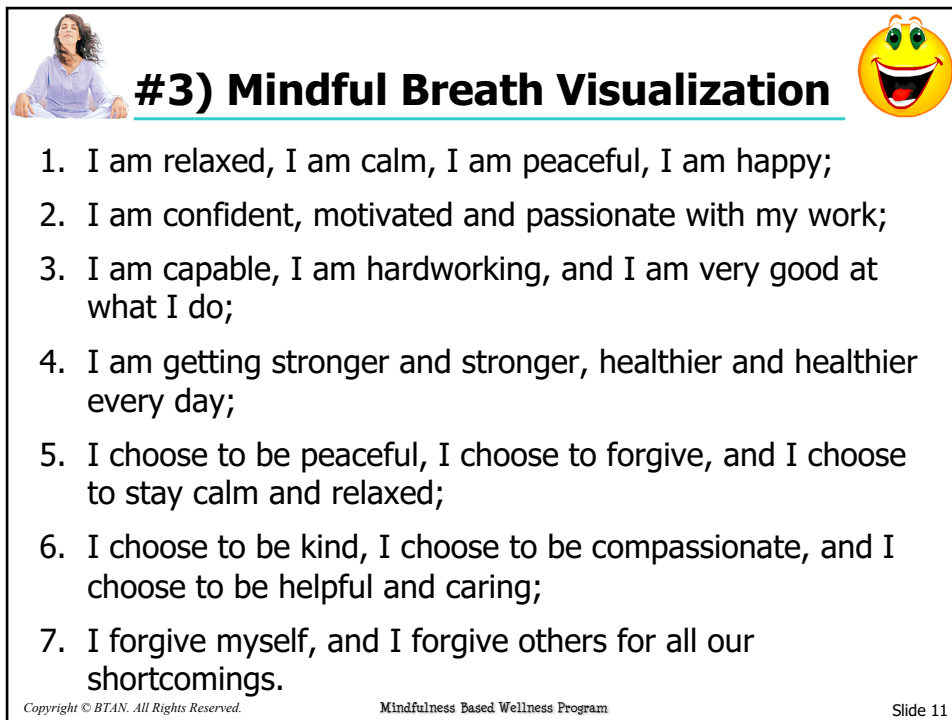
1. Inhale deeply and swiftly for 4 counts
2. Hold breath for 6 counts (focus on counting)
3. Exhale & push out fully for 8 counts





- ✓ **Relaxing & Calming**
- ✓ **Attention**
- ✓ **Alertness & Concentration**
- ✓ **Wellness.**

Caution: Do Not Overuse!

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 **#3) Mindful Breath Visualization** 

1. I am relaxed, I am calm, I am peaceful, I am happy;
2. I am confident, motivated and passionate with my work;
3. I am capable, I am hardworking, and I am very good at what I do;
4. I am getting stronger and stronger, healthier and healthier every day;
5. I choose to be peaceful, I choose to forgive, and I choose to stay calm and relaxed;
6. I choose to be kind, I choose to be compassionate, and I choose to be helpful and caring;
7. I forgive myself, and I forgive others for all our shortcomings.

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 **#3) MINDFUL BREATH VISUALIZATION** 

Energy!

Breathing In.

I am relaxed, I am peaceful, I am happy

Breathing Out...

IN: Visualize breathing in ENERGY!

- ✓ **Relaxing & Calming**
- ✓ **Wellness**
- ✓ **Optimism.**

OUT: Visualize feeling the EFFECTS!

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 **#4) PROGRESSIVE MUSCLE RELAXATION (PMR)** 


"FIST" PMR:

1. Breath In as you SQUEEZE your fist slowly
2. HOLD your grip as you Breath Out
3. Breath In while holding grip
4. RELEASE your grip slowly as you Breath Out
5. Pay attention to hand sensations
6. Shake your hands and repeat

✓ **Relaxing & Calming**
✓ **Wellness**
✓ **Releasing tension in the hand & fingers**


"FIST" PMR

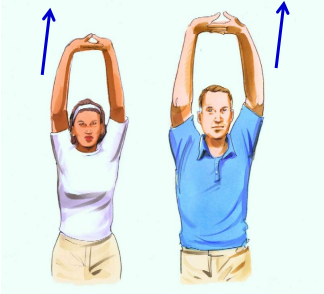
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#5) "PUSH-UP" PMR

1. Breath In as you PUSH-UP slowly
2. HOLD your grip as you Breath Out
3. Holding grip, Breath In again
4. RELEASE grip slowly as you Breath Out
5. Focus attention on hand sensations
6. Shake your hands and repeat

- ✓ **Relaxing & Calming**
- ✓ **Wellness**
- ✓ **Releasing tension in shoulders & arms**



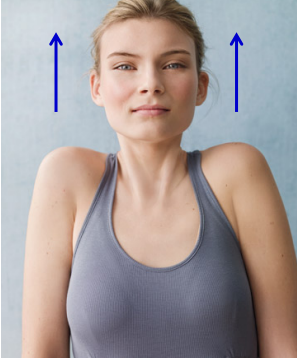
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#6) SHOULDER PMR

1. Breath In as you push Shoulders Up slowly
2. HOLD your posture as you Breath Out
3. Breath In while holding shoulders up
4. RELEASE shoulders slowly as you Breath Out
5. Pay attention to shoulder sensations
6. Shake your shoulders and repeat

- ✓ **Relaxing & Calming**
- ✓ **Wellness**
- ✓ **Releasing tension & stiffness in neck & shoulders**



"SHOULDERS UP" PMR

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FREEDOM FROM TENSION



- The 2 dimensions of Freedom from Tension:

Relaxed Body




Calm Mind




First

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CONSCIOUS RELAXATION



A relaxed body is a necessary condition for a calm mind!

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